

# All about an Diabetic Diet

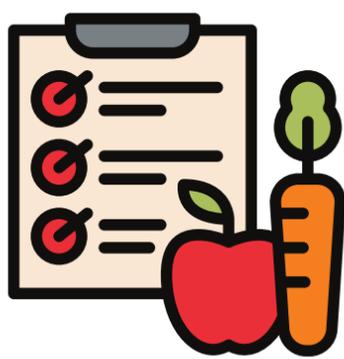


A diabetic diet is primarily aimed at controlling blood sugar levels. Preventing spikes in glucose levels helps to manage the level of insulin your body makes. The diabetic diet also allows to control body weight, as it is a large component of diabetes health, especially for seniors with limited mobility.



The calorific value of the diabetic diet is determined individually. It is mainly based on eating 4-5 small meals a day, eating unprocessed, high-fiber, low-glycemic foods. It should limit products rich in simple sugars: fruits, sweets, sweet desserts, carbonated drinks. It's indicated cooking techniques: steaming and baking in the sleeve.

## The simple rules for the Diabetic Diet



- ★ Portion control
- ★ Having regularly set mealtimes
- ★ Limiting sugar
- ★ Inclusion dietary fiber in meals
- ★ Avoiding excess salt

## How to Make a Diabetic Diet More Enjoyable?

### Replace, don't remove!

Replace sugary foods with healthier options rather than removing them altogether, the diet can be more enjoyable and easier to stick to.

### Examples of easy replacements:



Instead of soft drinks - use a glass of water or sparkling water with strawberries



Instead of white rice - use a brown rice



Replace white bread with whole-grain bread



Replace chips with homemade popcorn: has little sugar, is low-calorie, packed with fiber



Use an artificial sweetener or brown sugar instead of white sugar in tea or coffee



Choose a plain yogurt with fruit for breakfast instead of sugary cereal



When baking substitute sugar with mint, cinnamon, nutmeg, or vanilla extract



Honey, in addition to sugar, contains glucose and fructose. The more fructose in honey, the lower the GI.

More information: <http://resources.homecareproject.eu/>